

Subject: Fwd: Wellness Weekly: Bike to Work Day in Downtown, Freshest Cargo, Zumba Thursdays & more

From: Miranda Paster <miranda.paster@lacity.org>

Date: 05/10/2017 08:34 AM

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fyi

----- Forwarded message -----

From: **Richmond Main Street** <admin@richmondmainstreet.org>

Date: Wed, May 10, 2017 at 8:32 AM

Subject: Wellness Weekly: Bike to Work Day in Downtown, Freshest Cargo, Zumba Thursdays & more

To: miranda.paster@lacity.org

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 **Richmond Main Street Initiative**

Wellness Weekly

May 10, 2017

Regular health & wellness updates delivered straight to your inbox!

Creating, increasing access to healthy food, exercise activities & wellness resources.

Freshest Cargo Mobile Farmers' Market ~ Wednesdays



When: Wednesdays, 4pm - 5:30pm
Location: Marina Way & Macdonald Avenue
Fresh Produce from Local California Farms * Low Prices
CalFresh/EBT Welcome * Market Match

Check out what's On the Truck this Week!

LEARN MORE

Bike to Work Day ~ Thursday, May 11

Check out these fun Bike to Work Day activities taking place in Downtown Richmond:

Morning Energizer Stations

Ride to work and stop by an energizer station for **free refreshments** and a Bike to Work Day bag with all kinds of swag and goodies to make your biking experience more fun and enjoyable.

Downtown Richmond Energizer Station @ Richmond BART (6:30am-8:30am)

[See full list of all energizer stations here.](#)

Happy Hour Block Party

The festivities continue for your afternoon commute:

Swing by [Rich City Rides](#) for their
first ever [Bike to Work Day Block Party!](#)



4pm - 7pm

@ 1500 Macdonald Ave, Downtown Richmond

Bike-friendly businesses, Food, Drinks, Beer, Music & Kids Activities!

[LEARN MORE](#)

Main Street Fitness ~ Thursdays

SCHEDULE UPDATE:

ZUMBA class now at a new time: 6:30pm - 7:30pm

Due to low attendance, CIZE classes have been suspended.

[Main Street Zumba Flyer](#)

When: Thursdays

Time: 6:30pm-7:30pm

Fee: \$5-\$8 **sliding scale, no one will be turned away for lack of funds**

Location: 310 9th Street, Richmond

Certified Instructor: Willa Willis-Jacobs

More Information

Call [\(510\) 236-4049](tel:5102364049) or Email admin@richmondmainstreet.org

Visit www.RichmondMainStreet.org

LEARN MORE

Main Street Fitness Classes are made available by Richmond Main Street Initiative and are supported by Kaiser Permanente Northern California Community Benefit Programs.

Save the Date ~ Celebrate Downtown 2017

Loads of fun coming Downtown this summer.

Music, Family Fun, Health & Wellness Activities & more at each event!

 [Save the Date Celebrate Downtown Flyer](#)

[Healthy Village Festival](#)

June 24
10am - 1pm

[Music on the Main](#)

July 26 & August 24
5pm - 7:30pm

[Spirit & Soul Festival](#)

September 16
1pm - 5pm

[LEARN MORE](#)

Tuck In ~ Healthful Reads & Eats

Cucumbers
so cool, so crisp

Cucumber & Cherry Salad
cool & sweet

LEARN MORE

GET RECIPE

Stop by the [Freshest Cargo truck](#) for these ingredients and more inspiration!

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www.richmondmainstreet.org

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Richmond Main Street Initiative

Revitalizing Historic Downtown Richmond

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Counting my blessings - Sing and be Happy Today!

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